

THE ULTIMATE RAMADAN CHECKLIST



PRE-RAMADAN PREPARATION

Have I set my intentions for Ramadan?

Write answer here

Have I reviewed and planned to make up for any missed fasts (Qada')?

Write answer here

Have I planned and stocked up on Suhoor and Iftar meal ingredients?

Write answer here

Have I calculated and planned my Zakat and Sadaqah?

Write answer here

Check off the practices you want to level up this Ramadan!

- Recite the Qur'an
- Recite Dhikr
- Recite Salawat
- Recite Istighfar
- Recite More Du'as
- Offer Sunnah Prayers
- Pray Tarawih
- Give Sadaqah
- Helping Others
- Increase in Knowledge
- Improve Physical Health
- Refrain from evil deeds
- Others (specify)

Write details of your goals here

"God does not change the condition of a people [for the worse] unless they change what is in themselves, but if He wills harm on a people, no one can ward it off-- apart from Him, they have no protector." [Qur'an 13:11]

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POST-RAMADAN REVIEW

- Did I set clear intentions for Ramadan, and did I stay focused on fulfilling them throughout the month?

Write answer here

- Did I establish an improved lifestyle throughout the month (physical activity, diet, etc)?

Write answer here

- Did I pay my Zakat and give Sadaqah?

Write answer here

Check off the practices you leveled up post-Ramadan!

- Recite the Qur'an
- Recite Dhikr
- Recite Salawat
- Recite Istighfar
- Recite More Du'as
- Offer Sunnah Prayers
- Pray Tarawih
- Give Sadaqah
- Helping Others
- Increase in Knowledge
- Improve Physical Health
- Refrain from evil deeds
- Others (specify)

Write details of your wins here

Narrated Sayyidatina `Aisha (radiallahu anha): Allah's Messenger (ﷺ) said, "Do good deeds properly, sincerely and moderately and know that your deeds will not make you enter Paradise, and that the most beloved deed to Allah is the most regular and constant even if it were little." [Sahih Al-Bukhari]